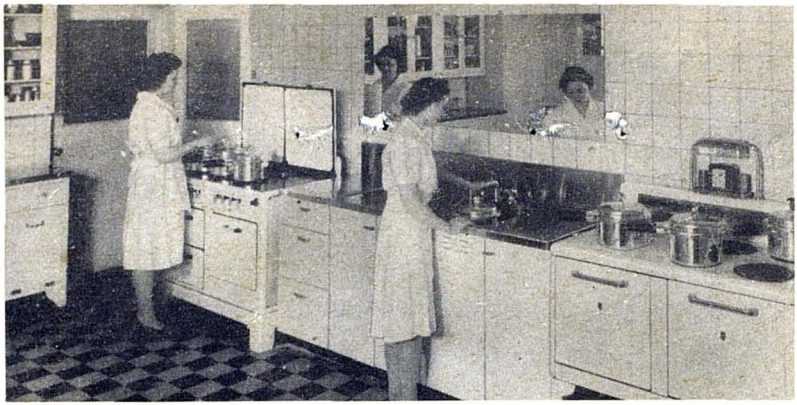
MIRRO-MATIC
Pressure Pan

INSTRUCTIONS
TIME TABLES
Recipes



THOROUGHLY TESTED AND APPROVED

MIRRO-MATIC is the result of years of research and development by MIRRO, the world's largest manufacturer of aluminum cooking utensils. Home testing as well as continual checking by MIRRO Home Economists and engineers proves it to be the simplest and safest of all speed cookers. Every MIRRO-MATIC is pressure tested at the factory and is guaranteed against defects in material and workmanship in accordance with the warranty accompanying each pan.

ALUMINUM GOODS MFG. CO.

REPLACEMENT OR REFUND OF MONEY
Guaranteed by Good Housekeeping
IF DEFECTIVE OR NOT AS ADVERTISED THEREIN

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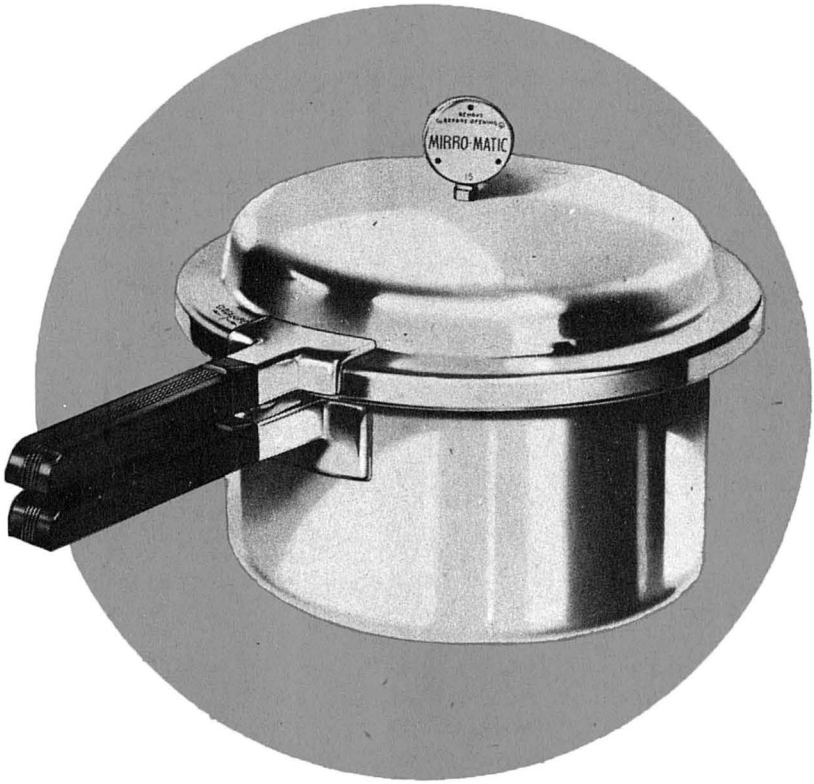
MIRRO-MATIC

PRESSURE PAN



MIRRO

THE FINEST ALUMINUM

ALUMINUM GOODS MFG. CO., MANITOWOC, WIS.

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IMPORTANT!

READ BEFORE YOU COOK

While your MIRRO-MATIC is simplicity itself and the cooking technique is equally simple, to ensure complete success it is positively necessary that the user carefully read all of the cooking directions before proceeding. It is especially important to follow directions on pages 8 and 9 and the "Don'ts" inside of the back cover of this recipe book.

IN THE BEGINNING USE MORE WATER

Until you are well acquainted with the operation of the pan, we suggest using slightly more water than the recipes call for, especially in the preparation of meats. After meats are browned in hot fat in the pan, there is a possibility that some of the water you then add may go up in steam before the cover is closed, unless this is done immediately. Use 1 full cup of water for roasts. Furthermore, DO NOT USE THE COOKING RACK UNLESS THE RECIPE SO DIRECTS, or unless more water is added.

REDUCE HEAT WHEN CONTROL JIGGLES

After control jiggles, indicating that pressure is attained, reduce the heat as directed in step No. 4, page 9, so that the control does not jiggle too often. Because of the difference in adjustment of heat on the various ranges, it is impossible to give an exact rule concerning this, but the user by experience will soon discover on which heat the MIRRO-MATIC will operate best.

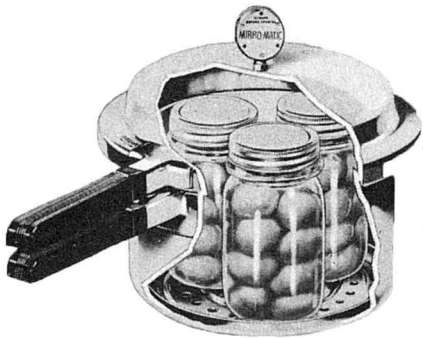
COOKING TIME TABLES ARE APPROXIMATE

Remember that all of the cooking time given in the recipes and directions can only be approximate, since there is always a difference in tenderness of meats and vegetables because of difference in age, type, etc. The charts are based on the average cooking time. You will find them a helpful guide in learning to cook the quick MIRRO-MATIC way.

MIRRO-MATIC
FEATURES

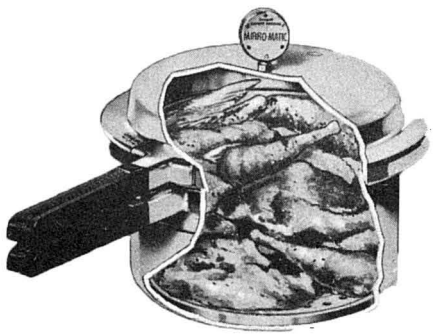
MIRRO-MATIC CONTROL

This precision made, foolproof instrument automatically limits pressure at 5, 10 or 15 lbs. for cooking or canning. Pressure cannot exceed the pressure you select. See the simple directions for use on page 8.



PRESSURE CANNING

Canning by the recommended pressure method is remarkably simple in the MIRRO-MATIC. All-usable cooking space provides room for 3 one-pint jars. The MIRRO-MATIC control eliminates guesswork, watching and worry.



EXTRA CAPACITY

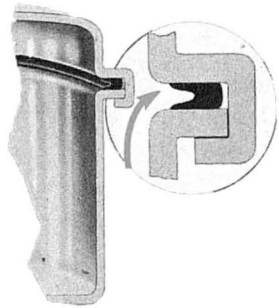
Never before, so much usable cooking space in a pressure pan. Full 4 qt. capacity provides ample room for good sized chickens, meats and other bulky foods. Notice the domed cover and straight sides.

PATENTS APPLIED FOR

MIRRO-MATIC
FEATURES

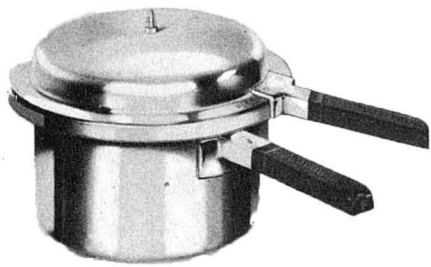
IMPROVED GASKET

New-type gasket automatically seals and locks cover, whenever there is pressure in the MIRRO-MATIC. Gasket is readily removed for regular thorough cleaning.



SIMPLE TO CLOSE AND OPEN

Simply slide handles together to close cover, slide back to open. See operating directions on page 8. Also see simple cleaning directions on page 10.



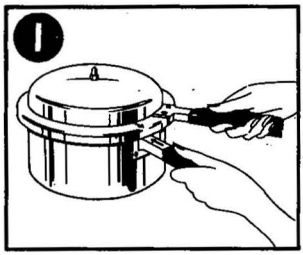
AUTOMATIC SAFETY FUSE

HEAT-PROOF PLASTIC HANDLES

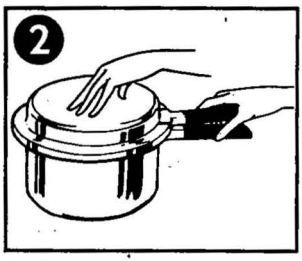
THICK GAUGE, NEW SPECIAL HARD ALUMINUM ALLOY

REVERSIBLE ALL-ALUMINUM COOKING RACK

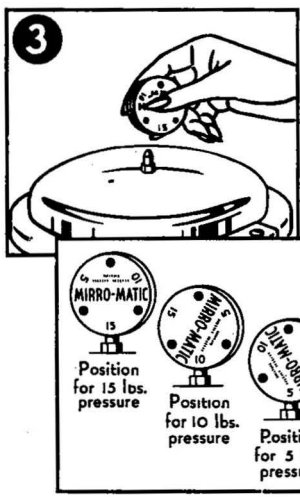
HOW TO COOK



Put food in pan and add required amount of water. With gasket in place inside cover, set cover on pan with handles apart so that the arrow on cover points to arrow on pan handle. Use the rack only if recipe or directions call for it. Except for canning and for several cooking recipes, the rack is not necessary but may be used if extra water is added.



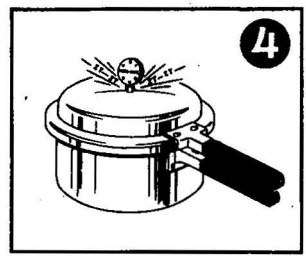
Bring handles together so that cover handle is directly over pan handle. If cover should fit too snugly when utensil is brand new, lubricate the gasket with cooking oil or shortening the first several times the utensil is used, and when closing, press the cover down firmly with one hand as the handles are brought together with the other. Gasket becomes "conditioned" under cooking pressure so that cover will close and open freely after pan is used several times.



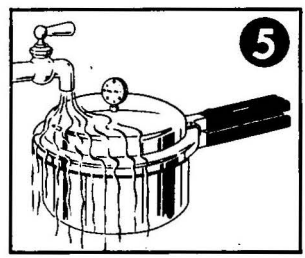
Set MIRRO-MATIC control over vent tube and place pan with contents over high heat. (Recipes for foods such as cereals, macaroni, spaghetti, noodles, and some soups specify medium heat at this time.) If recipe calls for cooking at 15 lbs., set control over vent tube at the No. 15 hole. If only 10 lbs. pressure is required, place No. 10 over the vent. See illustration at left. Then, just listen for the MIRRO-MATIC control to signal when correct pressure has been attained. No watching is necessary; just listen for the signal.

NEVER USE ANYTHING BUT A GENUINE MIRRO-MATIC CONTROL ON THE MIRRO-MATIC PAN.

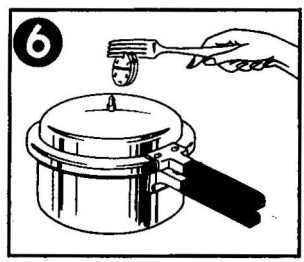
When correct pressure is reached, the MIRRO-MATIC control will jiggle or sizzle and sputter. Begin counting cooking time at this moment, and reduce heat to a point where the control will just occasionally jiggle or sputter indicating that pressure is being maintained. The slight hissing sound between jiggles is also an indication that proper pressure is being maintained. Do not keep heat so high that control jiggles continuously, as this might permit escape of so much moisture that food might scorch. But keep heat high enough so that control will jiggle about two or three times a minute. If steam should continue to escape in a steady stream after heat is reduced, nudge the control to seat it properly. IF STEAM SHOULD ESCAPE AROUND THE EDGE OF COVER AND PRESSURE FAIL TO RISE, open pan, (first cool under faucet) wipe gasket and rim of pan and inside of cover thoroughly dry, and start over.



When pressure has been maintained for the required length of time, remove utensil from heat and allow pressure to drop BEFORE REMOVING MIRRO-MATIC CONTROL. Many recipes call for instant reduction of pressure by setting pan under faucet or by placing it in a dish of cold water. This method reduces pressure in about 15 seconds. Allowing pressure to drop normally without cooling under faucet takes from three to fifteen minutes depending upon amount of food in the pan. Recipes and charts in this book specify whether pressure is to be reduced instantly or normally.



After reducing pressure by either of the above methods, nudge the MIRRO-MATIC control slightly. If steam spurts out, pressure is not yet down; if no steam spurts out, control may be removed. Use a fork. Then push handles apart to original position and lift the cover.



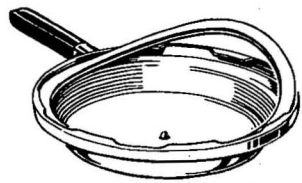
IF RUBBER GASKET SHOULD SHRINK—If after following all of the directions in step No. 4 above, pressure still fails to rise in the pan, it may be due to shrinkage of the gasket, especially if the gasket has been used for a long time. In this case a slight stretch will return it to its original size. However, do not stretch the gasket unless it shrinks to the extent that steam escapes around the cover, making certain first that both the gasket and the inside of the cover are dry, because a little moisture lodged between the gasket and cover may cause the appearance of a leak. CAUTION: FOLLOW DIRECTIONS IN STEP 6 BEFORE ATTEMPTING TO REMOVE COVER EVEN THOUGH YOU BELIEVE NO PRESSURE HAS BEEN BUILT UP IN THE PAN.

SIMPLICITY OF DESIGN MAKES CLEANING EASY

Cleaning and care of the MIRRO-MATIC pan is remarkably easy because of the simplicity of MIRRO-MATIC design. But cleanliness is so essential to efficient operation that we suggest the user read this page carefully. Wash the pan in hot suds as you do all MIRRO aluminum. Then rinse and dry.

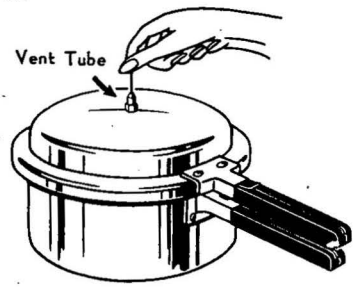
GASKET EASILY REMOVABLE

The MIRRO-MATIC gasket has been designed so that you can slip it out of the cover. This makes it possible to thoroughly wash both cover and gasket in hot suds each time the pan is used. Dry both thoroughly, being sure to wipe in the groove of the gasket. Then slip the gasket right back into the cover so that the pan is always ready for instant use. When storing, place cover upside down on the pan and keep the MIRRO-MATIC control inside the pan.



KEEP VENT TUBE CLEAN

It is highly important that the vent tube be kept perfectly clean and free of food particles which might interfere with operation of the pan. Inspect the tube at each washing. Use the cleaning wire provided to clean the tube. Rinse with hot water.



KEEP CONTROL CLEAN

Usually the MIRRO-MATIC control remains perfectly clean because live steam cleanses it while it operates. However, washing it in hot *clean* suds and *rinsing thoroughly* will not harm the control and will insure its being free of any obstructive particles which might hamper its operation. Dropping this control will not harm it.

STUBBORN STAINS

Stains may be removed from inside of pan with fine steel wool pads and soap. If pan should become stained inside from "hard" water, boil a solution of 2 level tablespoons cream of tartar to a quart of water in the pan. A strong vinegar solution is also effective. Water stains on cover may be removed with a mild cleansing powder.

MIRRO-MATIC SAVES VITAMINS AND FLAVOR AS WELL AS TIME

Your MIRRO-MATIC pan will pay for itself many times over in time, fuel, food, and flavor saved. Experiments at a state university chemistry laboratory have shown that when vegetables have been cooked in a quantity of water and the water has been discarded there is a terrific loss of precious vitamins and mineral salts. These results show losses as great as 50% of the iron, 45% of the phosphorous and magnesium, and 30% of the calcium.

The MIRRO-MATIC cooks foods rapidly with live steam at temperatures from 16 to 38 degrees above the boiling point of water. Furthermore, foods are not immersed in water and cooking is done in the absence of air, since the air is automatically expelled from the pan when cooking begins. This means protection for the water-soluble vitamins and less loss of delicate food elements through oxidation.

AND MY WHAT FLAVOR!

When you taste the garden-fresh flavor of vegetables cooked in the MIRRO-MATIC, you will understand why children so enjoy them. Colors of vegetables remain brighter too. This means more appetite appeal for your menu, more satisfaction for your food dollar.

SPEEDY MEAT COOKERY

MIRRO-MATIC will transform the cheaper cuts of meat to tender goodness in a fraction of the time required by other cooking methods. See the following pages for a list of economical meats that are especially suitable for MIRRO-MATIC cooking.

FRESH VEGETABLES

Most fresh vegetables require only about one-third the cooking period in the MIRRO-MATIC as compared to other methods. This is the simple general rule that may be followed in all pressure cooking.

For recommended cooking periods and for exact quantities of water to be used, see the cooking chart below. Quantity of water shown in the chart should be used regardless of whether a cupful or a panful of vegetables are to be cooked. Be sure to bring pressure down quickly to prevent over-cooking of those vegetables that are marked with the asterisk (*).

If vegetables are wilted, soak them for a few minutes to restore moisture. Vegetables may be seasoned either before or after cooking. Those vegetables that have similar cooking time may be cooked together in the pan. Follow the general directions for operation of the pan given on pages eight and nine, but do not use the rack for vegetables unless recipe calls for it or unless more water is added.

DIRECTION TABLES — VEGETABLES

VEGETABLE	Minutes To Cook After Control Jiggles	Amt. of Water	Lbs. Pressure	
Artichoke	10*	½ Cup	15	Wash, cut off tops, and tie ends to hold shape.
Asparagus	1½*	¼ Cup	15	Snap off tough ends. Remove scales. Wash.
Asparagus (Large)	2 *	¼ Cup	15	Cut in 2 inch lengths.
Beans (Green)	3 *	⅓ Cup	15	Cut in ½ inch lengths.
Beans (Wax)	3 *	⅓ Cup	15	Cut if desired.
Beans (Lima)	2	⅓ Cup	5	Shell and wash.
Beets (Sliced)	6 *	½ Cup	15	Wash, peel and slice ⅛ inch thick.

* Reduce heat quickly by placing MIRRO-MATIC under faucet or in pan of cold water if cooking time above is marked with asterisk (*).

DIRECTION TABLES — VEGETABLES

VEGETABLE	Minutes To Cook After Control Jiggles	Amt. of Water	Lbs. Pressure	
Beets (Small whole)	12 *	¾ Cup	15	Cut tops, leaving 1 inch stem and root. Wash. Cook. Cool. Remove skin. Reheat when wanted.
Beets (Large whole)	18 *	¾ Cup	15	Cut tops, leaving 1 inch stem and root. Wash. Cook. Cool. Remove skin. Reheat when wanted.
Broccoli	2 *	¼ Cup	15	Remove large outer leaves. Cut off tough part of stalk. Cut into strips or 1 inch pieces. Wash thoroughly.
See page 40 for Hollandaise Sauce which may be served with it.				
Brussels Sprouts	5 *	½ Cup	15	Remove wilted leaves. Wash. Cover with salted water for 15 minutes. Drain. Cook whole.
Cabbage (Shredded)	3 *	½ Cup	15	Remove wilted outer leaves. Cut in half. Shred into thin strips.
Cabbage (Quartered)	8 *	¾ Cup	15	Use medium size head. Quarter, and remove core.
Cabbage (Red Shredded)	4 *	½ Cup	15	Remove outer leaves. Cut in half, remove core and shred.
Carrots (Sliced)	2½*	¼ Cup	15	Wash, scrape and slice or cut in strips.
Carrots (Small whole)	4 *	¼ Cup	15	Wash. Scrape. Cook.
Cauliflower (Flowerets)	3 *	½ Cup	15	Cut off stem close. Remove leaves. Break into flowerets. Wash.
Cauliflower (Whole)	6-8*	½ Cup	15	Remove leaves. Wash.

* Reduce heat quickly by placing MIRRO-MATIC under faucet or in pan of cold water if cooking time above is marked with asterisk (*).

DIRECTION TABLES — VEGETABLES

VEGETABLE	Minutes To Cook After Control Jiggles	Amt. of Water	Lbs. Pressure	
Celery (Diced)	5 *	¼ Cup	15	Separate stalks. Wash well using vegetable brush. Discard tough stringy fibers. Cut into ½ inch pieces.
Celery Root	5 *	¼ Cup	15	Peel, slice, dice.
Corn on Cob	5 *	½ Cup	15	Remove husk and silk. Wash.
Corn (Off Cob)	3 *	¼ Cup	15	Cut corn off cob before cooking.
Kale	4 *	½ Cup	15	Wash well in warm water. Cut off tough part of stalk.
Kohlrabi (Diced)	4 *	½ Cup	15	Wash, peel and slice, or dice.
Okra (Sliced)	3 *	¼ Cup	15	Cut off ends. Wash. Cut into ½ inch lengths. Use cooked liquid in gravy or soup.
Onions (Sliced)	3 *	½ Cup	15	Peel under running water and slice.
Onions (Whole, Medium)	7-10*	½ Cup	15	
Parsnips (Sliced)	2 *	½ Cup	15	Peel and cut into ½ inch slices or dice.
Parsnips	7 *	½ Cup	15	Peel. Cut in halves.
Peas	2	¼ Cup	5	Shell. Wash. Add a few pods for flavor. (Older peas require 3 to 4 minutes.)
Potatoes (Whole, Medium)	15 *	1 Cup	15	Peel or scrub. Cook with or without skins.
Potatoes (Cut up)	8 *	¾ Cup	15	Peel and cut in pieces. Variety and age of potato may affect cooking time.
Potatoes (Sliced)	1½*	½ Cup	15	Peel. Slice thin.

* Reduce heat quickly by placing MIRRO-MATIC under faucet or in pan of cold water if cooking time above is marked with asterisk (*).

DIRECTION TABLES — VEGETABLES

VEGETABLE	Minutes To Cook After Control Jiggles	Amt. of Water	Lbs. Pressure	
Potatoes (Sweet, Quartered)	6 *	½ Cup	15	Wash and quarter. Pieces must not be too thick.
Potatoes (Sweet, Halved)	10 *	½ Cup	15	
Pumpkin	10 *	¾ Cup	15	Cut in large pieces. Cook. When cool, remove pulp and mash.
Spinach	1½*	½ Cup	15	Cut off roots. Wash thoroughly 3 or 4 times.
Rutabagas (Sliced)	5 *	½ Cup	15	Peel and cut ½ inch slices.
Rutabagas (Diced)	4 *	½ Cup	15	Peel and dice.
Sauerkraut	12 *	¼ Cup	15	
Squash (Hubbard)	6 *	¾ Cup	15	Cut individual servings. Remove seeds. Cook. Scoop out squash. Mash or rice. Season with salt, pepper and butter.
Tomatoes (Whole)	2½*	¼ Cup	15	Scald 1 minute. Dip in cold water. Peel, core and cook.

3- MINUTE VEGETABLE PLATE

Cauliflower flowerets—6 or 7
Green beans—cut in half—½ lb.
Carrots—cut in quarters—lengthwise—3 or 4
1 teaspoon salt
Broccoli—cut in flowerets. Stems peeled and cut into thin slices if desired.
1 cup water

Wash vegetables well and cut as directed. Put water in MIRRO-MATIC pan with rack. Group vegetables on rack, and sprinkle with salt. Cover pan and set MIRRO-MATIC control on vent tube at 15 lbs. Cook 3 minutes after control jiggles. Then reduce pressure instantly. Place vegetables on platter and serve with melted butter poured over vegetables, or with white sauce. (See page 40.) Serves 4 or 5.

Any combination of 3-minute vegetables may be cooked for a vegetable plate.

* Reduce heat quickly by placing MIRRO-MATIC under faucet or in pan of cold water if cooking time above is marked with asterisk (*).

Recipes

HUBBARD SQUASH

Wash, cut in half and remove seeds. Cut into 3" pieces. Place in MIRRO-MATIC Pan. Add ¾ cup water. Cover, set control at 15 and cook for 6 minutes after control jiggles. Reduce pressure by cooling under faucet. Scrape squash from shell. Mash. For each two cups of mashed squash, add ½ teaspoon salt, ⅛ teaspoon pepper, 2 tablespoons bacon drippings, 2 tablespoons brown sugar and 2 tablespoons orange juice. Heat thoroughly. Two cups of squash will serve four.

SPICY RED CABBAGE

2 tablespoons butter or bacon fat
½ cup seedless raisins
1 cup sliced apples
¾ cup chopped onions
1½ lbs. red cabbage (shredded —not too fine)
2 tablespoons cider vinegar
½ teaspoon mixed pickling spices (tied in a piece of wet cheese cloth)
2 tablespoons water
1 teaspoon salt
⅛ teaspoon pepper
4 teaspoons sugar

Cover raisins with cold water for several minutes. Drain. Melt fat in MIRRO-MATIC Pan. Add all ingredients. Place over full heat. Cover. Set control at 15 and cook for 5 minutes after control jiggles. Reduce pressure normally. Simmer uncovered for a few minutes, to evaporate liquid. Serves 6.

HARVARD BEETS

6 large beets (peeled and sliced)
½ cup water
½ cup sugar
2 tablespoons flour
¼ cup water
½ cup vinegar
½ teaspoon salt
2 tablespoons butter

Wash, peel and slice the beets. Place in MIRRO-MATIC Pan. Add ½ cup water, cover, set control at 15 and cook for 6 minutes after control jiggles. Reduce pressure instantly. Drain. Mix together the sugar, salt and flour. Add the vinegar and water. Cook until thick. Add butter. Add the cooked beets and reheat. Serves 6.

POTATO SALAD

3 slices bacon (cut in cubes)
1 tablespoon flour
1 tablespoon sugar
1 teaspoon salt
½ teaspoon paprika
½ cup vinegar
½ cup water
2 hard cooked eggs
1 onion (diced)
4 cups raw sliced potatoes
1 tablespoon parsley

Brown the bacon, remove crisp cubes, set aside. Add onion to hot fat and fry only until light brown. Stir in the flour, blend well. Add sugar, salt, paprika, water and vinegar. Cook until clear, stir constantly. Peel, slice potatoes ⅛" thick and add to sauce. Cook at 15 lbs. for 1½ minutes after control jiggles. Reduce pressure instantly. Add bacon and garnish with chopped parsley and sliced cooked eggs. Serves 6.

POTATO SALAD WITH FRANKFURTERS

1 lb. Frankfurters, cut into 1 inch pieces
5 or 6 medium sized potatoes sliced
1 teaspoon salt
¼ cup salad oil
½ cup vinegar
½ cup sugar
1 onion chopped fine
2 tablespoons parsley chopped fine

Place the sliced potatoes in MIRRO-MATIC Pan, and frankfurters on top of potatoes. Put the salt, oil, vinegar, sugar in shaker or pint jar and shake well. Pour ingredients over potato salad and add finely chopped onion. Cover pan. Set MIRRO-MATIC Control on vent tube at 15 lbs., and place pan over high heat. When control jiggles, cook 2 minutes. Remove pan from heat and reduce pressure instantly. Add chopped parsley and mix well before serving. Serves 4 or 5.

CREAMED CABBAGE

Remove outer leaves of a small solid head of cabbage. Cut in quarters. Shred with a sharp knife into thin strips. Place in MIRRO-MATIC Pressure Pan and add ½ cup water. Cover, set control at 15, and cook for 3 minutes after control jiggles. Reduce pressure by placing pan under faucet. Drain.
Prepare one cup white sauce (page 40). Add to the sauce ½ teaspoon grated nutmeg (½ cup of grated cheese may be used instead of the nutmeg). Pour over cabbage, mix. Serve hot. Serves 4.

SPINACH (Creamed)

Cut off roots from 2 lbs. of spinach. Wash very thoroughly. Place in MIRRO-MATIC Pressure Pan with ½ cup water. Cover, set control at 15, and cook 1½ minutes after control jiggles. Reduce pressure by placing pan under faucet. Drain, chill and chop very fine. Melt 3 tablespoons butter or bacon fat. Cook 1 tablespoon minced onion until lightly browned. Stir in 2 tablespoons flour and blend well. Slowly add 1 cup of hot cream, top milk, or evaporated milk. Add ½ teaspoon salt and ⅛ teaspoon pepper. When sauce is smooth and boiling; add the spinach and cook about 2 minutes in the open pan. Serves 4-6.

CREAMED ONIONS

Peel 20 small onions under running water. Place in the MIRRO-MATIC Pressure Pan. Add ½ cup water and ½ teaspoon salt. Cover, set control at 15, and cook 10 minutes after control jiggles. Reduce pressure by cooling pan under faucet. Drain. Prepare 1 cup white sauce (page 40). Add onions. Mix lightly and serve hot. Serves 4-6.

SAUTEED PARSNIPS

Peel, cut into halves and place in MIRRO-MATIC Pan. Add ½ cup water. Cover, set control at 15, and cook for 7 minutes after control jiggles. Reduce pressure by cooling pan under faucet. Drain. Cool and cut into quarters. Saute' in butter, or bacon drippings until delicately browned. Sprinkle with salt and pepper.

DRIED VEGETABLES

MIRRO-MATIC makes it possible to cook dried vegetables in a minimum of cooking time. It is desirable to soak all dried vegetables over night in water to cover. Then drain, add necessary water and cook. They may also be cooked without soaking.

VEGETABLE	Cooking Time After Control Jiggles		Amount of Water for 1 Cup of Vegetables	Lbs. Pressure
	Soaked Over Night	No Soaking		
Beans (Pea)	20 Min.	45 Min.	3 Cups	15
Beans (Kidney)	35 Min.	1¼ Hrs.	3 Cups	15
Beans (Large Lima)	35 Min.	1 Hr.	3 Cups	15
Beans (Small Lima)	30 Min.	45 Min.	3 Cups	15
Beans (Navy)	35 Min.	1¼ Hrs.	2 Cups	15
Beans (Grt. Northern)	20 Min.	45 Min.	2 Cups	15
Lentils	20 Min.	40 Min.	2 Cups	15

Never fill pan over ¾ full of liquid

DRIED FRUITS

Dried fruits are cooked in just a few minutes in the MIRRO-MATIC. When soaking over night, use the amount of water specified in the table below. Use the water in which the fruit was soaked for the cooking.

FRUIT	Amt. Fruit	Minutes To Cook After Control Jiggles	Cups of Water	Cups of Sugar	Lbs. Pressure
Apples	2 Cups	8* (not soaked)	2½	⅔	15
Apples	2 Cups	2* (soaked)	2½	⅔	15
Wash apples, add water, let stand over night, cook, then add sugar.					
Apricots	2 Cups	1	2¼	⅔	15
Wash apricots, add water and cook. Add sugar.					
Figs	1 Cup	6	2½	⅓	15
Bring to boil before putting on cover.					
Peaches	2½ Cups	5	3	¾	15
Wash, soak over night. Add sugar when cooked.					
Pears	2¼ Cups	6	3	½	15
Soak over night, remove core, add sugar when cooked.					
Prunes	2½ Cups	6	3	⅓	15
If not soaked, cook small size 8 minutes, medium size 10 and large size 12 minutes.					
Raisins	1 Cup	5	1		15

CEREALS

MIX INTO PASTE

Corn meal, Cream of Wheat and Farina should be mixed to a paste in a portion of the water. This mixture is then stirred into the boiling water to avoid lumps. Then reduce heat to medium and cover the pan. Set the MIRRO-MATIC control in place and allow the pressure to build up gradually on medium heat. If too high heat is used, liquid may be forced out of the vent. When control jiggles, begin counting cooking time. Keep heat only as high as necessary to make control jiggle 1 to 3 times per minute. After cooking required length of time, be certain that the pressure is down before attempting to remove the control. Test in the usual way by nudging it.

CEREAL	Minutes To Cook After Control Jiggles	Cups Cereal	Cups of Water	Lbs. Pressure	
Corn meal	10	1	4	15	Mix to paste in 1 cup of water.
Cracked Wheat	20	1	4	15	Cook night before.
Cream of Wheat	3 *	½	3	15	Mix to paste in ¾ cup water.
Farina	2	½	2½	15	Mix to paste in ¾ cup water.
Hominy Grits	12 to 15	½	3	15	Soak over night.
Malto Meal	5 *	½	3	15	
Rolled Oats (Quick Cooking)	2½*	1	2½	15	Cook longer if desired.
Oats, Steel Cut	25 to 30	1	4	15	Cook day before.
Ralston	8	1	4	15	
Wheatena	8	½	2	15	
Whole Wheat	25	1	5	15	Soak before cooking.

* Reduce heat quickly by placing MIRRO-MATIC under faucet or in pan of cold water if cooking time above is marked with asterisk (*).

MEATS and FOWL

Your MIRRO-MATIC Pressure Pan will very probably become your favorite meat tenderizer. Economy meat cuts or stewing chicken are made tender in approximately one-third of the cooking time required by other cooking methods. Try some of the following:

BEEF

Boned, rolled chuck roast
Boned, rolled rump roast
Rolled plate roast
Chuck steak (Swiss Steak)
Flank Steak (Roll or stuff)
Corned beef (Boiled Dinner)
Stew (With vegetables)
Fresh beef brisket
Shanks (Boiled Dinner)
Short ribs (With vegetables)
Ox tail (Fine soup)
Heart (Stuffed)
Kidney (Stew or Pie)
Tongue (Serve hot or cold)

PORK

Hocks (With Sauerkraut)
Shoulder hocks (Pot Roast)
Pork cutlets
Spare ribs (Any style)
Heart (Stew with vegetables)
Ham shanks (With vegetables)
Salt pork (In baked beans)
Liver (With bacon)
Hearts (With vegetables)

LAMB

Shoulder roast
Breast (Stewed or stuffed)
Shanks (Stew with vegetables)
Neck (Stew with vegetables)
Stew meat (With vegetables)
Riblets
Heart (Stew with vegetables)
Kidney

VEAL

Rump roast
Shoulder roast
Shanks (Stew with vegetables)
Round steak
Breast (Stew with vegetables)
Riblets (Stew)
Veal cubes (City Chicken)
Heart (Stuffed)
Tongue (Serve hot or jellied)
Kidney (Stew or pie)

While the cooking time for meats will vary somewhat, depending upon the type of cut, grade of meat, amount of bone, etc., you will find the chart on the following page a good guide.

BROWN MEATS BEFORE COOKING

Most meats, with the exception of corned beef, salt pork, and tongue should be browned thoroughly in hot fat before pressure cooking. Roasts may also be given a finishing touch by browning under the broiler for a few moments after cooking. Use the rack only if directions call for it or if more water is added. The amount of water shown in the chart is sufficient for any quantity of meat you cook.

As a general rule, pressure is reduced normally (without cooling pan under the faucet) when cooking meats. However, some recipes require quick reduction of pressure and are so noted.

DIRECTION TABLES — MEATS

MEAT	Minutes To Cook After Control Jiggles	Cups of Water	Lbs. Pressure	Amt. of Meat
Beef—Rolled Chuck or Rump Roast		½	10	3 to 4 Lbs.
Medium done	14 per Lb.			
Well done	16 per Lb.			
Beef Short Ribs	45	½	10	
Beef—Corned	25 to 30 per Lb.	2	10	
Cover with cold water over night. Drain. Then cook.				
Beef Hamburgers	5*	½	10	
Beef Pot Roast	15 per Lb.	½	10	3 Lbs.
Flank Steak, Stuffed	45	½	10	
See recipe for directions.				
Beef Swiss Steak	25*	¾	10	¾ Inch
Beef Stew	20	1½	10	2 Inch cubes
Beef Tongue	60	2	10	
Smoked—Cook. Remove skin. Fresh—Cook with onion. Cool in liquids. Remove skin. Corned—Soak over night. Cook with onion. Remove skin.				
Beef Heart	60	½	10	
Remove veins. Cover with salted water ½ hour. Drain. Add water and ¼ cup vinegar and cook. For stuffing see page 33.				
Chicken, Country Style	15	1	10	2½ Lbs.
Chicken, Country Style	18	1	10	3½ to 4 Lbs.
Chicken, Fricassee	30	2	10	
Cut into individual servings. Cook. Serve with dumplings.				
Chicken, Boiled	30	2	10	
Cook whole or cut in pieces.				
Chicken Stew	30	2	10	
Vegetables may be added the last 8 minutes of cooking time.				
Ham, Center Slice	18	½	10	¾ Inch
If desired place under broiler for few minutes after cooking.				
Ham, Picnic	60	1	10	3 to 4 Lbs.
Ham, Baked	60	1	10	3 to 4 Lbs.
Remove rind when cooked. Score. Sprinkle with brown sugar, insert whole cloves and brown under broiler.				
Lamb Steak	12*	½	10	1 Inch
Lamb Stew	20*	2	10	
See recipe for directions, page 25.				
Mutton Roast	12 to 15 per Lb.	½	10	3 to 4 Lbs.
Remove skin and fat. Add 2 slices lemon and cook.				
Meat Loaf	25*	½	10	2½ Lbs.
Pork Shanks	45	1½	10	

* Reduce heat quickly by placing MIRRO-MATIC under faucet or in pan of cold water if cooking time above is marked with asterisk (*).

DIRECTION TABLES — MEATS

MEAT	Minutes To Cook After Control Jiggles	Cups of Water	Lbs. Pressure	Amt. of Meat
Pork Roast	18 to 20 per Lb.	1	10	3 to 4 Lbs.
Spareribs Brown or cook in sauerkraut.	20*	½	10	
Pork Steak	12	½	10	¾ Inch
Veal Steak	12	½	10	¾ Inch
Veal Birds	15*	½	10	
Veal Stew Browning not necessary.	18*	1 (Hot)	10	
Veal Heart Remove veins. Cook whole or stuff or slice.	45	1	10	
Veal Roast	12 to 15 per Lb.	½	10	3 to 4 Lbs.
Veal Tongue	30	1	10	

* Reduce heat quickly by placing MIRRO-MATIC under faucet or in pan of cold water if cooking time above is marked with asterisk (*).

COUNTRY-STYLE CHICKEN

1 frying chicken (about 3 lbs.)
2 teaspoons salt
¼ teaspoon pepper
1 teaspoon paprika
¼ cup flour
1 small onion
6 tablespoons fat
1 cup water

Cut chicken into individual servings. Mix flour, paprika, salt and pepper, and dredge the chicken. Brown in hot fat in MIRRO-MATIC pan. Add onion, and water. Cover pan, set control at 10 and cook 18 minutes after control jiggles. Allow pressure to go down normally. If crisp chicken is desired, place it under broiler for a few minutes. Serve with cream gravy. Blend 3 tablespoons flour, ½ cup milk. Stir into liquid. Cook until thickened in open pan. Serves 4.

Older chickens require from 20 to 30 minutes of cooking time.

BROWN FRICASSEE OF CHICKEN

1 chicken (3 to 3½ lbs.)
2 slices salt pork
2 tablespoons flour
Salt and pepper
1 small onion
½ bay leaf
1 tablespoon parsley
2 cups hot water

Cut chicken into individual servings. Place salt pork in MIRRO-MATIC Pan. When hot, add chicken and seasoning, and brown well. Add onion, bay leaf, parsley and water. Cover, set control at 10 and cook for 30 minutes after control jiggles. Reduce pressure normally. Thicken gravy with ⅓ cup water and 2 tablespoons flour. Serves 4-5.

HUNGARIAN GOULASH

½ lb. beef, 1 lb. veal } cut into 1 inch cubes
2 tablespoons drippings
1 large onion sliced
1 teaspoon salt
¼ teaspoon pepper
½ teaspoon paprika
½ bay leaf
½ teaspoon powdered marjoram
4 medium sized potatoes
4 medium sized carrots cut crosswise
2 turnips
1 green pepper cut fine
2 cups water
2 tablespoons flour for the thickening of gravy

Heat MIRRO-MATIC Pan and brown the meat in hot drippings or fat. Add onion, salt, pepper, paprika, bay leaf and marjoram. Place potatoes, carrots, turnips and peppers around meat. Stir all ingredients. Add water. Cover, set control at 10 and cook for 15 minutes after control jiggles. Remove pan from heat and allow pressure to go down normally. Thicken gravy. Serves 4 or 5.

PLAIN CHOP SUEY

1 lb. pork, veal or beef (½ inch cubes)
1 cup celery (cut fine)
1 cup onions (sliced)
4 tablespoons Soy Sauce
1 No. 2 can Bean Sprouts
2 tablespoons fat
1 teaspoon salt
⅛ teaspoon pepper
1 cup water

Brown the meat in hot fat in the MIRRO-MATIC Pan. Add celery, onions, water, salt and pepper. Cover, set control at 10 and cook for 10 minutes after control jiggles. Reduce pressure normally. Add bean sprouts and simmer in open pan for 3 minutes. Add the Soy Sauce. Thicken gravy with 2 tablespoons corn starch, dissolved in ¼ cup cold water. Serve with hot rice. Serves 4.

RICE

Rice may be cooked in MIRRO-MATIC as directed in chart on page 41. Or it may be steamed in molds as follows:

Individual Molds		3 Cup Capacity Mold
2 tablespoons rice	or	1 cup rice
¼ cup water		1½ cup water
⅛ teaspoon salt		1 teaspoon salt

Wash rice until water becomes clear. Grease molds. Add washed rice, water and salt. Cover each mold with three thicknesses of waxed paper and fasten with rubber band. Pour 1 cup of water in MIRRO-MATIC with rack in place. Place molds on rack and cover pan. Set control at 5 and cook 15 minutes after control jiggles. Reduce pressure instantly and remove rice from molds. Using individual molds, 8 may be put in the pan at once by placing the rack between the molds.

CHOW MEIN

½ pound diced pork
½ pound diced beef
½ pound diced veal
3 tablespoons fat
1 cup water (or chicken stock)
1 cup onions, sliced
3 cups celery, sliced
1 teaspoon salt
¼ teaspoon pepper
1 No. 2 can bean sprouts
6 tablespoons soy sauce
½ cup sliced mushrooms (optional)
2 tablespoons corn starch
Cooked Rice
1 10 oz. can water chestnuts

Heat fat in MIRRO-MATIC Pan. Brown meat thoroughly. Add seasoning, water, celery and onions. Set control at 10 and cook 10 minutes after control jiggles. Reduce pressure normally. Add corn starch (mixed with mushroom liquid or ¼ cup water), sauce, chestnuts, and bean sprouts. Stir until thickened. Cook 5 minutes in open pan. Add mushrooms. Serve on rice. See recipe for cooked rice on page 41. Serves 6.

SPANISH RICE

1 cup rice
4 slices of bacon
2 tablespoons onion (chopped)
1 teaspoon salt
¼ teaspoon white pepper
3 tablespoons chopped green pepper
2 cups tomatoes
½ cup water

Cook bacon, green pepper and onion until brown in a MIRRO-MATIC Pressure Pan. Add rice (thoroughly washed in 4 waters to remove excess starch), tomatoes, water, salt and pepper. Stir well, bring to a boil. Reduce heat. Cover. Set control at 10 and bring pressure up on moderate heat. Cook 8 minutes after control jiggles. Allow pressure to drop normally. Serves 4.

ITALIAN SPAGHETTI

8 cups water
2 teaspoons Worcestershire sauce
1 teaspoon salt
10 oz. spaghetti

Put water, sauce, and salt in MIRRO-MATIC Pan and bring to a boil. Add spaghetti, cover pan, set control at 5, place over MEDIUM heat, and cook 8 minutes after control jiggles. Reduce pressure instantly. Drain spaghetti.

SPAGHETTI SAUCE

½ cup olive oil or fat
1½ lb. beef ground very fine
1½ cups sliced onion
1 small clove garlic
Parmesan Cheese
½ cup green pepper—diced
½ cup mushrooms—may be omitted
2 6 oz.-cans tomato paste
1 No. 2 can tomatoes

Heat olive oil in MIRRO-MATIC Pan, add meat and stir. Add onion, garlic, peppers, mushrooms, tomato paste, and tomatoes. Cover pan. Set control at 10 and cook 5 minutes after control jiggles. Reduce pressure instantly. Remove cover, place spaghetti on large platter and pour sauce over spaghetti and sprinkle with cheese. Serves 5 or 6.

LAMB AND GREEN BEANS

3 pounds Lamb (breast) cut in "2 Inch" Squares
1½ teaspoons salt
¼ teaspoon pepper
3 tablespoons fat
1½ cups water
6 small onions
4 cups fresh green beans
4 tablespoons vinegar

Brown the lamb in hot fat in the MIRRO-MATIC Pan. Add salt, pepper, water, onions, green beans, and vinegar. Cover pan, set control at 10 and cook for 10 minutes after control jiggles. Allow pressure to go down normally. For thickening, add 1 level tablespoon flour mixed with 3 tablespoons cold water. Simmer a few minutes with cover off. Serves 6.

VEAL OR LAMB STEW WITH DUMPLINGS

1½ lbs. veal or lamb (cut in 2" cubes)
½ bay leaf
1½ teaspoons salt
¼ teaspoon pepper
6 medium carrots
6 medium potatoes
6 medium size onions
2 cups water
3 tablespoons fat

Brown the meat in the MIRRO-MATIC Pressure Pan. Add salt, pepper, bay leaf and water. Cover. Set control at 10 and cook for 5 minutes after control jiggles. Then reduce pressure by cooling pan under faucet. Remove the MIRRO-MATIC control and open the cover. Add onions, potatoes and carrots. Cover pan, set control at 10 and cook for 10 minutes after control jiggles. Reduce pressure by cooling pan under faucet.

Drop dumpling batter from spoon over the meat. Cook uncovered for 5 minutes. Cover, steam for 5 minutes (without control on vent). Remove dumplings to a hot platter. Stir 3 tablespoons of flour blended with ⅓ cup water into the liquid. Cook until thick. Serves 6.

DUMPLINGS

1⅓ cup sifted flour
1 teaspoon salt
2 teaspoons baking powder
1 egg
½ cup milk

Sift flour with baking powder and salt. Beat egg, add milk. Combine mixtures.

SWISS STEAK WITH PICKLED ONIONS

¾ cup flour
2 teaspoons salt
¼ teaspoon pepper
2 lbs. Round Steak ¾" thick
3 tablespoons fat
1 10 oz. bottle Pickled Onions, mix onion, liquid and water to make ¾ cup

Combine flour, salt and pepper. Cut steak into individual servings. Pound as much of the dry ingredients as possible into the steak. Brown in hot fat in the MIRRO-MATIC Pan. Add onions and liquid. Cover, set control at 10 and cook for 25 minutes after control jiggles. Reduce pressure by cooling under faucet. Serves 6-8.

MEAT LOAF DINNER

1 lb. ground beef
1½ teaspoons salt
⅛ teaspoon pepper
1 egg lightly beaten
2 slices dry bread soaked in water, not too moist
1 small onion chopped fine
1 stalk celery chopped fine
2 tablespoons fat
4 or 5 medium sized potatoes whole
3 or 4 carrots, cut crosswise
1 cup water

At least 30 minutes before cooking, combine beef with salt, pepper, egg, bread, onion and celery. Mix well and form into 2 small loaves and wrap in waxed paper. This will set the loaves and keep them firm. Brown loaves in hot fat in MIRRO-MATIC Pan until golden brown on both sides. Place potatoes and carrots around meat. Add water. Cover pan. Set control at 10 and cook 15 minutes after control jiggles. Allow pressure to go down normally. Serves 5 or 6.

STUFFED GREEN PEPPERS

6 green peppers
1 lb. ground beef
½ cup brown or white rice
1¼ teaspoons salt
¼ teaspoon pepper
1 egg
¼ cup milk
1 small onion chopped fine
1 10½ oz. can tomato soup
1 can of water

Remove seeds from peppers and wash peppers. Combine rice, salt, ground beef, pepper, egg, milk, onion chopped fine. Stuff peppers lightly and place in MIRRO-MATIC Pan. Add tomato soup and water. Cover pan. Set control at 10 and cook for 15 minutes after control jiggles. Remove pan from heat and allow pressure to go down normally. Serves 6.

SWEDISH MEAT BALLS

1 lb. beef (neck, chuck, round) finely ground
1 cup fine bread crumbs
1 egg
½ cup milk
2 tablespoons minced onion
1 teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon nutmeg
2 tablespoons drippings
½ cup water

Combine meat, crumbs, egg, milk, minced onion, salt, pepper and nutmeg. Make into balls, 1½ inches in diameter, using as little pressure as possible. Brown well in drippings in the MIRRO-MATIC Pan. Place meat balls on rack. Add water. Cover, set control at 10 and cook 5 minutes after control jiggles. Reduce pressure instantly. To serve, remove meat balls to hot platter and thicken the gravy. See gravy recipe on page 32.

CORNED BEEF AND CABBAGE

2½ lbs. (brisket) corned beef
2 cups water
4 carrots
4 medium size potatoes
1 head cabbage (cut in quarters)
4 onions

Cover corned beef with cold water for several hours to draw out the salt. Drain.

Place corned beef on rack in MIRRO-MATIC Pan. Add water. Cover, set control at 10 and cook 60 minutes after control jiggles. Then reduce pressure by cooling pan under water faucet. Add cabbage, potatoes, onions and whole carrots. Cover, set control at 15 and cook for 8 minutes after control jiggles. Reduce pressure by cooling under faucet. Serves 6.

BEEF POT ROAST

3 lbs. pot roast (chuck, rump top, round or brisket)
2 teaspoons salt
¼ teaspoons pepper
½ cup water
2 tablespoons flour
3 medium size onions
3 tablespoons fat or suet

If suet is used, cut into small pieces and fry out in a MIRRO-MATIC Pan. Brown the meat thoroughly on all sides. Season with salt and pepper. Add onions and water. Cover, set control at 10 and cook for 45 minutes after control jiggles. Allow pressure to go down normally. Thicken gravy with flour mixed with ¼ cup water. Serves 6-8.

SPARERIBS, SAUERKRAUT AND POTATOES

2 lbs. spareribs
1 tablespoon fat
1 teaspoon salt
⅛ teaspoon pepper
1 quart sauerkraut
1 tablespoon brown sugar (optional)
5 or 6 medium sized potatoes whole
⅔ cup water

Brown spareribs in hot fat in MIRRO-MATIC Pan. Add salt and pepper. Put sauerkraut in bottom of pan and sprinkle with brown sugar if desired. Place ribs, and potatoes over kraut. Add water and cover pan. Set control at 10 and cook 20 minutes after control jiggles. Allow pressure to go down normally.

HAM WITH ORANGE SAUCE

1 slice of ham ¾" thick cut into serving pieces
Whole cloves
1 tablespoon fat
½ cup orange juice
2 tablespoons brown sugar
½ cup water
2 sweet potatoes (peeled and cut in halves)

Press whole cloves into each cut of ham. Heat MIRRO-MATIC pan. Brown ham in hot fat. Add brown sugar, orange juice and water. Add potatoes, cover pan. Set MIRRO-MATIC control at 10 and cook for 10 minutes after control jiggles. Allow pressure to go down normally.

To make Sauce:

Mix 1 tablespoon cornstarch with 2 tablespoons of lemon juice or cold water. Add to boiling liquid and cook until clear. (About 1 minute.) Serves 4.

STUFFED PORK CHOPS

6 pork chops cut 1½" thick (cut pocket along side of bone)
2 cups croutons
1 teaspoon salt
¼ teaspoon pepper
2 tablespoons fat
1 10 oz. can tomato soup
2 tablespoons chopped parsley

Stuff pork chops with croutons and parsley. Brown chops on both sides, in hot fat in a MIRRO-MATIC Pressure Pan. Season with salt and pepper, add tomato soup. Cover, set control at 10 and cook 12 minutes after control jiggles. Reduce pressure by cooling pan under faucet. Serves 6.

BEEF STEW

2 lbs. beef cut into 2" cubes
2 tablespoons fat
2 teaspoons salt
¼ teaspoon pepper
Sprinkle meat with paprika
1 onion cut fine
5 or 6 carrots cut in half crosswise
4 or 5 medium sized potatoes whole
1½ cups water
1 tablespoon flour for thickening gravy

Heat MIRRO-MATIC Pan. Add fat and brown meat in hot fat until golden brown. Add salt, pepper, paprika and onion. Place carrots and potatoes on top of meat and add water. Cover pan, set MIRRO-MATIC Control at 10 and cook for 15 minutes after control jiggles. Remove pan from heat and allow pressure to go down normally. Thicken gravy if desired. Serves 5 or 6.

MEAT BALLS IN TOMATO SAUCE

2 slices bacon
1 lb. ground beef
6 onions sliced thin
1 teaspoon salt
¼ teaspoon pepper
1 No. 2 can tomatoes

Combine beef, seasoning and 1 diced onion. Shape into balls. Heat MIRRO-MATIC Pan, fry bacon, then brown meat balls in hot fat. Add onions, and tomatoes. Cover, set control at 10 and cook for 5 minutes after control jiggles. Reduce pressure by cooling pan under faucet. Thicken gravy with flour and water. See gravy recipe on page 32.

SCALLOPED POTATOES WITH HAM
(Or Use Without Ham)

6 or 7 medium sized potatoes sliced
1¼ teaspoons salt
¼ teaspoon pepper
1 tablespoon butter
1 slice boiled ham 1 inch thick
1½ cups thin white sauce (see page 40)

Wash, peel and slice potatoes, and place them in MIRRO-MATIC Pan. Add salt, pepper and butter cut into small pieces. Place ham slice on potatoes and add white sauce. Cover pan. Set MIRRO-MATIC control at 15 and cook for 2 minutes after control jiggles. Then remove pan from heat and reduce pressure instantly.

FLANK STEAK—WITH DRESSING

Trim edges, season with salt and pepper. Spread dressing over flank steak, roll loosely and tie securely. Sear in 3 tablespoons hot fat in the MIRRO-MATIC. Add 1 cup of tomato juice and ½ teaspoon salt. Cover, set control at 10 and cook 45 minutes after control jiggles. Cool normally. Thicken liquid. See gravy recipe on page 32.

Dressing:
- ¾ cup sausage meat
- 1 tart apple (peeled and sliced)
- 1½ cups bread crumbs
- ½ teaspoon minced onion
- ¼ teaspoon salt
- ½ cup hot water

Heat sausage meat in fry pan. Pour off excess fat. Add remaining ingredients.

IRISH STEW

- 1½ lbs. lamb shank cut in 2" cubes
- 1 cup each:
  - Turnips, diced
  - Carrots, sliced
  - Potatoes, diced
  - Parsnips, diced
- ½ cup chopped onions
- 1½ teaspoons salt
- ½ teaspoon paprika
- 1 teaspoon celery seed
- 2 tablespoons fat
- 2 cups boiling water

Brown meat in hot fat in MIRRO-MATIC Pan. Add water, cover, set control at 10 and cook for 15 minutes after control jiggles. Reduce pressure instantly by cooling pan under faucet. Add vegetables and seasoning. Cover, set control at 15 and cook for 5 minutes after control jiggles. Let pressure go down normally. Thicken broth with 2 tablespoons flour mixed with ¼ cup water. Serves 4.

CABBAGE ROLLS (Tomato Sauce)

- 1 lb. chopped beef
- 1 teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons chopped onion
- 1 cup rice (cooked)
- 1 egg
- 8 large cabbage leaves
- 1 can tomato soup
- 1 cup water

Pour boiling water over cabbage leaves. Let stand for 5 minutes. Season meat, add onion, rice and egg. Roll a portion of filling into each leaf, fasten ends with tooth picks. Place the cabbage rolls in the MIRRO-MATIC Pressure Pan. Pour tomato soup and water over rolls. Cover, set control at 10 and cook 8 minutes after control jiggles. Let pressure go down normally. Serves 4.

SAUERBRATEN

- 3 lbs. (rump) beef
- 1 cup water
- 1 cup vinegar
- 2 bay leaves
- 4 tablespoons fat
- 1½ teaspoons salt
- ⅛ teaspoon pepper
- 2 large onions
- 1 tablespoon sugar
- 12 whole cloves

Wipe meat with a damp cloth. Cover with vinegar and water, onions, bay leaves, cloves, salt, pepper and sugar. Let stand for 24 hours. Remove from the spiced vinegar, wipe dry. Heat the MIRRO-MATIC Pan and brown the meat in hot fat. Strain the vinegar mixture and add 1½ cups to the meat. Cover, set control at 10 and cook for 45 minutes after control jiggles. Reduce pressure normally. Thicken gravy by mixing 2 tablespoons flour with ⅓ cup cold water. Serves 6-8.

BAKED BEANS

- 2 cups dried Navy Beans or Great Northern Beans
- 3 slices bacon or salt pork
- 2 tablespoons chopped onion
- ⅛ teaspoon pepper
- 4 tablespoons molasses or syrup
- 3 tablespoons brown sugar
- 1 teaspoon dry mustard
- 2 cups hot water
- 1 teaspoon salt

Soak beans over night. Drain. Brown meat in MIRRO-MATIC Pan until golden brown. Add chopped onion and stir. Add beans, salt, pepper, molasses, sugar, mustard and water. Stir. Cover pan. Set MIRRO-MATIC control on vent tube at 15. When control jiggles, reduce heat and cook 30 minutes. Allow pressure to go down normally. Serves 4 or 5.

BRAISED LAMB SHANKS

- 4 lamb shanks
- 2 tablespoons flour
- 1 teaspoon salt
- ¼ teaspoon pepper
- 4 tablespoons white syrup
- 2 tablespoons drippings
- 1 cup water
- 1 cup pitted cooked dried prunes
- 1 cup cooked dried apricots

Combine salt, pepper and flour. Dredge meat thoroughly. Brown in hot fat in a MIRRO-MATIC Pressure Pan. Add water. Cover, set control at 10 and cook 45 minutes after control jiggles. Reduce pressure normally. Mix cooked prunes and apricots. Pour syrup over them. Mix lightly. Do not crush fruit. Serve hot with lamb shanks. Serves 4.

NOODLE NOVELTY

4 oz. wide noodles
1½ cups hot milk
1 cup soft bread crumbs
¼ cup butter
1 tablespoon chopped pimiento
1 tablespoon chopped parsley
1 tablespoon chopped onion
1 teaspoon salt
Dash of Cayenne

Cook noodles in MIRRO-MATIC Pressure Pan (see directions on page 41). Drain well, but do not rinse. Add remaining ingredients. Pour into a well greased aluminum refrigerator pan (bottom-lined with waxed paper) or an aluminum ring mold (to fit the pressure pan).

Place rack in pressure pan, add 1 cup water, and set mold (which has been covered with 3 thicknesses of waxed paper) on rack. Cover pan, set control at 5 and cook for 7 minutes after control jiggles. Let pressure go down normally and open pan. Cut around edge. Unmold on warm platter. Serve with any of the following sauces: tomato, shrimp, parsley or cheese sauce. Yields 6 servings.

BARBECUED SHORT RIBS

3 lbs. short ribs
1 teaspoon paprika
3 teaspoons salt
1 large onion
½ cup catsup
¼ cup vinegar
2 tablespoons water
2 teaspoons chili powder
3 tablespoons bacon drippings

Brown the short ribs very thoroughly on all sides in hot fat, in the MIRRO-MATIC Pan. Add sliced onion. Mix remaining ingredients and pour over the meat. Cover, set control at 10 and cook for 45 minutes after control jiggles. Thicken gravy with flour and water. See gravy recipe.

Gravy
1 cupful

Blend 2 tablespoons flour in 3 tablespoons of drippings. Slowly add 1 cup boiling water or soup stock. Cook and stir the gravy until it is smooth and boiling. Season with salt and pepper. A few minced herbs, grated lemon rind or chopped parsley may be added. If a brown gravy is desired, add a few drops of Kitchen Bouquet.

For thickening liquid, blend 2 tablespoons flour with ¼ cup cold water. Add to 1 cup of hot liquid.

BRAISED OX TAILS

1 ox tail
3 tablespoons flour
3 tablespoons drippings
1 cup water
1 cup tomatoes
1 teaspoon salt
⅛ teaspoon pepper
2 bay leaves
3 whole cloves
2 cups celery
2 cups carrots
½ cup chopped onion
½ clove garlic
1 lemon sliced

Roll pieces of ox tail in flour. Then brown in hot fat in a MIRRO-MATIC Pan. Add the salt and pepper, onion, celery and carrots. Brown all together. Add remaining ingredients. Cover, set control at 10 and cook for 1 to 1¼ hours after control jiggles. Reduce pressure normally. Serves 4.

STUFFED BEEF HEART

Precook heart according to directions on page 21.

Stuffing:
2 cups bread crumbs
2 tablespoons chopped green pepper
1 teaspoon salt
3 tablespoons chopped onion
2 tablespoons drippings
½ teaspoon celery seed
½ cup milk
6 slices bacon

Stuff the cavity of the heart. Tie the heart with twine. Cover with strips of bacon. Place in a MIRRO Aluminum roasting pan. Bake 40 minutes at 325°F. Place the heart on a platter. Add the cooking liquid to drippings in the roasting pan. Thicken with flour mixed with cold water. (See gravy recipe.) Season with salt and pepper. Pour gravy over and around the heart. Serves 6.

BRAISED SHORT RIBS

2 lbs. short ribs of beef
½ cup flour
2 teaspoons salt
½ teaspoon pepper
3 tablespoons drippings
1 cup boiling water
2 teaspoons horse-radish
6 medium carrots
4 medium onions
1½ cups cooked green beans

Combine flour, salt and pepper. Dredge the ribs. Brown in hot fat in the MIRRO-MATIC Pan. Add horse-radish and water. Cover, set control at 10 and cook for 35 minutes after control jiggles. Cool pan under faucet to reduce pressure. Then add carrots and onions. Cover, set control at 10 and cook for 10 minutes after control jiggles. Cool pan under faucet and add hot green beans. Serves 6.

SOUPS and CHOWDERS

Your MIRRO-MATIC will cook soups in a matter of minutes instead of hours. While the method is as simple as it is quick, please follow these directions precisely: Never prepare more than three quarts of soup in your four quart size MIRRO-MATIC. When cooking has been completed be very sure that the pressure is down before attempting to remove the control from the vent tube. TEST to see if the pressure has dropped by gently nudging the control as instructed on page nine of this direction book. See specific directions for soup preparation in the recipes on the following pages.

SOUP or CHOWDER	Minutes to Cook After Control Jiggles	Amt. of Water	Amt. of Food	Lbs. Pressure
Bean (Navy)..... Soak beans over night.	30 to 35	2½ Qts.	2 Cups	15
Chicken..... Cooking time will vary according to age and size of bird.	25 to 30	1½ to 2 Qts.	3 to 4 Lbs.	15
Chili Con Carne..... Use cooked beans.	10	2½ Qts.		15
Chowder (vegetable).	10	2 Qts.		15
Lentil..... Soak over night.	20	2 Qts.	2 Cups	15
Soup Stock.....	45	1½ to 2 Qts.	3 Lbs.	10
Vegetable.....	3	2 Qts.		15

NEVER FILL PAN MORE THAN ¾ FULL OF SOUP

CHILI CON CARNE

2 lbs. ground beef
1 teaspoon paprika
1 clove garlic cut fine (optional)
2 cups canned kidney beans
2 teaspoons salt
½ cup suet
2 teaspoons chili powder
2 cups water
2 cups canned tomatoes
1 cup chopped onions
2 tablespoons chopped green pepper

Place the suet in the MIRRO-MATIC Pressure Pan. When rendered, brown the meat, onions, green pepper, and add water and tomatoes. Add seasonings. Cover, set control at 15 and cook for 10 minutes after control jiggles. Remove from heat. When pressure is down, add the kidney beans. Simmer until the beans are hot. Serves 6.

FISH CHOWDER

2 lbs. fish (do not bone) use a large fish such as haddock, halibut, etc.
2 cups water
1 sliced onion
2 sprigs parsley
1 teaspoon salt
⅓ cup salt pork or bacon diced
2 cups potatoes sliced
3 cups hot milk
2 tablespoons butter
2 tablespoons flour

Place the fish in the MIRRO-MATIC Pan. Add water, onion and parsley. Cover, set control at 15 and cook 5 minutes after control jiggles. Then reduce pressure by cooling pan under faucet. Remove fish and bone carefully. Strain the stock. Add salt, sliced potatoes and pork which has been fried slowly. Cover, set control at 15 and cook for 6 minutes after control jiggles. Let stand for 5 minutes and then reduce pressure completely by cooling pan under faucet. Add flaked fish and hot milk. Serves 6 to 8.

POTATO SOUP

2 cups potatoes (diced)
1 tablespoon minced onion
1½ teaspoon salt
⅛ teaspoon white pepper
2 cups hot water
2 tablespoons butter
1 tablespoon flour
1 tablespoon chopped parsley
2 cups hot milk

Brown onion in butter in the MIRRO-MATIC Pan. Add flour, blend well. Add potatoes, salt, pepper and water. Cover, set control at 15 and cook for 4 minutes after control jiggles. Reduce pressure by placing pan under water faucet. Add hot milk and chopped parsley. Serves 4-6.

CARROT CHOWDER

1 onion, minced
3 tablespoons bacon drippings
2 cups diced potatoes (raw)
2 cups boiling water
2 teaspoons salt
¼ teaspoon paprika
2 cups sliced carrots
1 tablespoon flour

Brown the minced onion in hot fat in the MIRRO-MATIC Pan. Add flour and blend well. Add potatoes, carrots, seasoning and water. Cover, set control at 15 and cook 3 minutes after control jiggles. Let pressure go down normally.

Recipes

LENTIL SOUP

2 cups lentils
2 quarts water
1 stalk leek (cut in small pieces)
1 tablespoon chopped onion
1 celery root (cut in small pieces)
2 carrots (diced)
1 teaspoon salt
2 tablespoons flour
Croutons
3 tablespoons bacon fat
4 wieners (cut in ½" slices)

Cover lentils with water over night. Drain, place all ingredients in MIRRO-MATIC Pan. Cover, set control at 15 and cook for 20 minutes after control jiggles. Reduce pressure normally. Mix flour with a little cold water to make a smooth paste. Add to soup. Bring to a boil. Serve hot with Croutons. Serves 6-8. Croutons: Cut bread into ½" cubes, saute the cubes in hot butter or fat, over medium heat. Stir them gently, until they are toasted.

MANHATTAN CLAM CHOWDER

2 cups hard clams, finely chopped or canned clams
¼ lb. salt pork cubed
1 onion sliced thin
1 cup potatoes, cut in small cubes
2 cups boiling water
2 cups stewed tomatoes
⅛ teaspoon pepper
1 teaspoon salt
Thyme

Fry out the pork in MIRRO-MATIC Pan. Add onions and brown lightly. Add salt, water, potatoes and pepper. Cover, set control at 15 and cook for 5 minutes after control jiggles. Reduce pressure normally. Add tomatoes and clams. Bring to a boil and cook in open pan for 2 minutes. Sprinkle with Thyme. Serve at once. Serves 6.

QUICK VEGETABLE SOUP

3 tablespoons bacon fat
4 cups hot water
½ cup diced carrots
¼ cup diced onion
½ cup sliced celery
1 cup canned tomatoes
½ cup chopped cabbage
1 tablespoon chopped parsley
1 teaspoon salt
⅛ teaspoon pepper

Place above ingredients in MIRRO-MATIC Pan. Cover, set control at 15 and cook for 3 minutes after control jiggles. Remove from heat and let stand five minutes, then reduce pressure by letting cold water run over pan. Serves 4.

FRENCH ONION SOUP

2 cups onions (thinly sliced)
4 tablespoons butter
1 teaspoon salt
⅛ teaspoon pepper
3 cups consomme
3 cups of water or
6 cups hot water and 4 bouillon cubes
6 rounds of buttered toast
½ cup dry parmesan cheese

Melt butter in MIRRO-MATIC Pan. Add onions and fry slowly, over low heat until onions are light brown. Add remaining ingredients. Cover, set control at 15 and cook 5 minutes after control jiggles. Remove from heat. After 5 minutes reduce pressure by setting pan under faucet. Sprinkle cheese over buttered toast. Set under broiler to melt (optional). Serve on soup. Serves 6-8.

DIXIE PLUM PUDDING

1 cup flour
1 teaspoon cinnamon
½ teaspoon cloves
1 teaspoon soda
½ teaspoon salt
½ cup graham cracker crumbs
½ cup finely ground suet
1 cup raisins
½ cup honey
½ cup fruit juice
1 beaten egg
½ cup walnut meats

Sift flour once, add spices, salt and soda and sift together 3 times. Add graham cracker crumbs, suet, raisins and nuts. Combine honey, fruit juice and egg. Add to flour mixture. Beat until smooth. Fill greased mold ⅔ full, cover with 3 thicknesses of waxed paper and fasten with rubber band. Place 4 cups of water in pan with rack in place. Put mold on rack. Cover pan, and turn on heat. Allow steam to flow from vent tube for 30 minutes. Then set control on vent tube at 5 and cook for 30 minutes after control jiggles. Cool instantly under faucet.

NUT BREAD

1 egg
½ cup sugar
1 cup sweet milk
2 teaspoons baking powder
2½ cups flour
½ teaspoon salt
1 cup nuts

Combine egg with sugar, and beat lightly, add milk, and sifted dry ingredients. Add nuts. Grease mold and fill ⅔ full. Cover mold with 3 thicknesses of waxed paper and fasten with rubber band. Place 4 cups of water in pan with rack in place. Put mold on rack, cover pan and turn on heat. Allow steam to flow from vent tube for 30 minutes. Then set control on vent tube at 5 and cook for 30 minutes after control jiggles. Cool instantly under faucet.

BOSTON BROWN BREAD

½ cup brown sugar
1½ tablespoon melted shortening
1 egg lightly beaten
½ cup molasses
1½ cup buttermilk
3 cups whole wheat flour
1 teaspoon soda
¼ teaspoon salt
½ cup raisins

Combine sugar, shortening, egg, and molasses. Sift dry ingredients. Add dry ingredients alternately with buttermilk. Mix well. Turn into greased mold and fill ⅔ full. Cover mold with 3 thicknesses of waxed paper and fasten with rubber band. Place 4 cups of water in MIRRO-MATIC Pan with rack in place. Put mold on rack, cover pan, and turn on heat. Allow steam to flow from vent tube for 30 minutes. Then set control on vent tube at 5 and cook for 30 minutes after control jiggles. Cool instantly under faucet.

GRAHAM CRACKER PUDDING

4 tablespoons shortening
½ cup sugar
1 egg
1½ teaspoons baking powder
¾ cup milk
½ teaspoon salt
3 cups rolled graham crackers
½ teaspoon vanilla

Cream the shortening and sugar, add well beaten egg. Mix baking powder, salt and graham crackers and add alternately with milk to creamed mixture. Add vanilla. Fill a greased MIRRO Aluminum Fluted Mold or a refrigerator pan ⅔ full. Cover mold with 3 thicknesses of waxed paper. Pour 4 cups of water into the MIRRO-MATIC and place pudding on rack in pan. Cover and steam without control on vent tube for 30 minutes. Then set control at 5 and cook for 30 minutes after control jiggles. Reduce pressure by cooling pan under faucet. Serve with lemon sauce. See page 39. Serves 6.

STEAMED CHOCOLATE PUDDING

3 tablespoons butter
⅔ cup sugar
1 egg
1 cup milk
2¼ cups sifted flour
4½ teaspoons baking powder
2½ oz. (2½ sq.) unsweetened chocolate
¼ teaspoon salt

Cream the butter and sugar. Add the egg and mix well. Mix the sifted flour, baking powder and salt, and add alternately with milk to first mixture. Add melted chocolate. Pour into a small aluminum ring mold or refrigerator pan filled ⅔ full and cover with 3 thicknesses of waxed paper.

Pour 4 cups of water into a MIRRO-MATIC Pan. Place rack in pan. Cover and steam without control for 30 minutes. Then set control at 5 and cook for 30 minutes after control jiggles. Reduce pressure by cooling pan under faucet. Serve with fudge, orange or hard sauce. See page 39.

RHUBARB

2 lbs. rhubarb
⅔ cup sugar
2 tablespoons water

Trim rhubarb and cut into one inch pieces, combine sugar and water. Put into MIRRO-MATIC Pan. Bring to a boil. Cover, and set control at 15. When control jiggles, immediately remove from heat and cool pan quickly under running water.

CUSTARD

1¼ cups hot milk (not boiled)
2 eggs
2 tablespoons sugar
1 teaspoon vanilla
1/16 teaspoon salt
Nutmeg

Beat egg only slightly, add hot milk, sugar, vanilla and salt. Pour custard into aluminum custard cups to ½ inch from top. Sprinkle with nutmeg. Cover

with 2 thicknesses waxed paper held in position with a rubber band or string. Place on rack in MIRRO-MATIC with ½ cup of water. Cover, set control at 5 and cook 1 minute after control jiggles. Turn off heat. If an electric range is used, remove pan from element. Allow pressure to go down normally. (Note: If glass or earthen ware custard cups are used, cook 1½ minutes instead of 1 minute.) For Rice Pudding add 2 cups cooked rice to custard.

PUDDING SAUCES

LEMON SAUCE

1 cup sugar
3 tablespoons lemon juice
½ teaspoon grated lemon rind
5 tablespoons flour
¾ cup boiling water
Speck of salt
2 tablespoons butter
2 egg yolks

Mix flour, sugar and salt. Add beaten egg yolks, lemon juice, grated rind and boiling water. Stir well. Cook until thick in MIRRO Aluminum Double Boiler. Add butter before removing from range.

FUDGE SAUCE

2 squares unsweetened chocolate (2 ounces)
1 cup sugar
½ cup water
1 tablespoon butter
1 tablespoon light corn syrup
1 teaspoon vanilla
2 tablespoons thick cream

Melt chocolate over hot water in a MIRRO Aluminum Sauce Pan. Add sugar, water, butter and corn syrup. Cook without stirring until mixture resembles a thick syrup. Remove from heat. Add vanilla and cream, mixing thoroughly. Cool and serve over steamed puddings.

ORANGE SAUCE

¾ cup granulated sugar
3 tablespoons cornstarch
1 cup boiling water
½ cup orange juice
1 teaspoon grated orange rind
1½ tablespoons butter

Mix the sugar and constarch together in a MIRRO Aluminum Sauce Pan. Add water to the orange juice, pour this into the sugar mixture and stir constantly over medium heat until it boils and clears. Remove from heat and stir in the butter and orange rind. Serve hot over steamed pudding.

HARD SAUCE

1 cup Confectioner's sugar
or
¾ cup granulated sugar
½ teaspoon orange extract
⅓ cup butter
1 teaspoon vanilla

Cream butter, add sugar gradually while beating constantly; then add flavoring.

Recipes

STANDARD WHITE SAUCE

Thin

1 tablespoon flour
1 tablespoon fat
1 cup milk
¼ teaspoon salt
⅛ teaspoon pepper

Medium

2 tablespoons flour
2 tablespoons fat
1 cup milk
¼ teaspoon salt
⅛ teaspoon pepper

Thick

3 tablespoons flour
3 tablespoons fat
1 cup milk
½ teaspoon salt
⅛ teaspoon pepper

Melt fat in a MIRRO Aluminum Double Boiler. Add flour and seasonings. Mix to a smooth paste; add liquid gradually, stirring to keep a smooth consistency. Cook until sauce thickens.

MOCK HOLLANDAISE SAUCE

2 egg yolks
1 tablespoon water
1 tablespoon lemon juice
½ teaspoon salt
⅛ teaspoon pepper or paprika
1½ tablespoons butter
1 tablespoon flour
1 cup boiling water

Mix and stir the first five ingredients well; set aside in the upper section of a MIRRO Aluminum Double Boiler. Melt butter, add flour and when it bubbles add the water, ⅔ cup at first, and then the rest, stirring constantly. Pour into the egg mixture and cook over hot water until smooth and thickened, stirring constantly to avoid curdling.

TOMATO SAUCE

2 tablespoons butter
2 tablespoons flour
1 teaspoon sugar
1 cup tomato juice and pulp
1 teaspoon salt
¼ teaspoon grated onion

Melt butter in MIRRO Aluminum Sauce Pan, add flour and blend well. Add tomato juice and pulp slowly. Cook until thick and smooth. Add salt, sugar and grated onion.

CREOLE SAUCE

¼ cup grated onion
1 minced clove garlic
½ tablespoon chopped parsley
½ cup sliced mushrooms
¼ cup minced green pepper
1 tablespoon fat
1 tablespoon flour
2 cups tomato juice
1 teaspoon salt
½ cup sliced stuffed olives
1 teaspoon sugar

Chop vegetables and cook in hot fat until brown in a MIRRO Aluminum Sauce Pan. Add the flour and stir until smooth. Gradually add the tomato juice and seasonings. Serve hot.

MACARONI • SPAGHETTI • NOODLES • RICE

In the preparation of macaroni, spaghetti, noodles and rice, first bring the salted water to a rapid boil in the MIRRO-MATIC. Add the food and stir. Then reduce the heat, cover the pan, set the control at 5, and bring the pressure up SLOWLY. When MIRRO-MATIC control begins to jiggle, start counting cooking time. After cooking required time, reduce pressure, place food in colander, run hot water over it, and drain.

FOOD	Minutes to Cook After Control Jiggles	Amt. of Water	Amt. of Food	Lbs. Pressure
Macaroni	6	4 Cups	4 Oz.	5
Noodles	4	4 Cups	4 Oz.	5
Rice	10*	1½ Cups	1 Cup	5
Spaghetti	8*	4 Cups	4 Oz.	5

Or cook spaghetti only 5 minutes and let pressure go down without cooling pan under the water faucet.

* Reduce heat quickly by placing MIRRO-MATIC under faucet or in pan of cold water if cooking time above is marked with asterisk (*).

FISH and SEA FOOD

Follow the directions below for simple, quick methods of preparing.

FISH	Minutes to Cook After Control Jiggles	Amt. of Water	Pressure Lbs.
Fish Steak (Thick Cuts)	5*	¼ Cup	10
Season with salt and pepper and brown in hot fat. Place fish on inverted rack in MIRRO-MATIC, add water, bring up pressure, and cook.			
Fish (Steamed)	5* Per Lb.	½ Cup	10
Put water, slice of onion, parsley, bay leaf in pan. Insert rack, place seasoned fish, cover, bring up pressure, and cook. Use liquid for the sauce. See recipe on following page.			
Finnan Haddie	7	Cover with water	10
Cover with cold water and let stand 1 hour. Drain. Cover with boiling water for 5 minutes. Drain. Place in MIRRO-MATIC, add water and seasoning, bring up pressure and cook. Flake the fish and discard the skin.			
Shrimp	6	½ Cup	10
Put ½ cup water, 1 teaspoon salt, 1 bay leaf, 3 peppercorns, 1 slice lemon in MIRRO-MATIC. Bring to boil in the open pan. Add washed shrimp to liquid. Cover, bring up pressure, and cook. Drop into cold water and chill on ice before shelling and cleaning.			

* Reduce heat quickly by placing MIRRO-MATIC under faucet or in pan of cold water if cooking time above is marked with asterisk (*).

FISH FILLET

1 pound fish fillet
1½ cups water
2 teaspoons salt
1 teaspoon white mixed spices
1 slice onion
1 slice lemon

Place water, salt, mixed spices, onion and lemon in the MIRRO-MATIC Pan. Place fillets of fish on rack in pan. Cover, set control at 10 and cook for 5 minutes after control jiggles. Reduce pressure normally. When cooked add MORNAY sauce given below.

¼ cup fat
3 tablespoons flour
1½ cups milk
½ teaspoon salt
⅛ teaspoon pepper
Dash of cayenne
½ cup shredded cheese

Melt fat, add flour. Blend until smooth. Add milk and seasoning. Cook until thick, stirring constantly. Add cheese; when it begins to melt pour sauce over fish. Place under broiler for a few minutes until lightly browned. Sprinkle with minced parsley.

PERCH OR HALIBUT STEAK

1½ lb. perch or halibut
2 tablespoons butter
1½ teaspoon salt
⅛ teaspoon pepper
2 tablespoons chopped onion
1 tablespoon chopped parsley
¼ cup water for frozen fish
½ cup water for fresh fish

Cut fish into serving pieces. Heat butter in MIRRO-MATIC Pan. Dip fish in butter on both sides. Season with salt and pepper and sprinkle chopped onion over fish. Cover pan. Set control on vent tube at 10 and place pan on high heat. When control jiggles, cook 1 minute. Allow pressure to go down normally. Add parsley to liquid and serve over fish. Serves 4.

STEAMED FISH (With Sweet Sour Sauce)

1½ pound fish (haddock, pike, trout)
1 onion, sliced
3 carrots
1 bay leaf
1 sprig parsley
1 teaspoon chopped parsley
½ teaspoon salt
⅛ teaspoon pepper
1 tablespoon flour
1 cup water
2 tablespoons vinegar
2 tablespoons butter

Place fish on rack in MIRRO-MATIC Pan. Add 1 cup water, onion, bay leaf, sprig of parsley, salt, pepper, and carrots. Cover, set control at 10 and cook for 5 minutes after control jiggles. Then reduce pressure by cooling pan under faucet. Place fish on hot platter. Force onion and carrots through a coarse sieve, and add to the strained broth. Brown butter, add flour, and gradually add broth and stir until blended. Add vinegar, chopped parsley and a few grains of salt. Pour over fish. Serves 4.

FROZEN VEGETABLES

Frozen vegetables may be prepared even more quickly than fresh ones in the MIRRO-MATIC Pressure Pan. With the exception of corn-on-the-cob, spinach and kale, they need not be defrosted before cooking. However, cooking time is shorter if vegetables are defrosted. In either case, separate them before cooking.

VEGETABLE	Minutes to Cook After Control Jiggles		Cups of Water	Lbs. Pressure
	Frozen	Defrosted		
(About 2 cups)				
Asparagus	3½	1½	⅓	5
Beans (green or wax)	6 *	1½ to 2*	⅓	5
Broccoli	4 *	1½ to 2*	⅓	5
Brussels Sprouts	3 *	1 to 1½*	¼	5
Cauliflower	3½*	0 to ½*	⅓	5
Carrots	2¼	1 to 1½	⅓	5
Corn on cob		2½ to 3*	⅓	5
Cut corn	1½*	0 *	¼	5
Kale		6 *	¼	5
Lima Beans, Small	4	1¼	⅓	5
Lima Beans, Large	4½	2	⅓	5
Peas	2	½ to 1	⅓	5
Spinach		½ to 1	¼	5
Mixed Vegetables	3 *	1½*	¼	5

* Reduce heat quickly by placing MIRRO-MATIC under faucet or in pan of cold water if cooking time above is marked with asterisk (*).

Excellent for Sterilizing

Because of the high temperature, 250 degrees Fahrenheit, which is attained in the MIRRO-MATIC pressure pan at 15 pounds pressure, it is an excellent sterilizer.

In the home it is perfect for baby bottles, nipples and utensils. It may also be used for sterilizing surgical, dental or other instruments.

To sterilize in your MIRRO-MATIC place the rack in the pan, add 1½ cups of water, place bottles or instruments on the rack, and put on the cover. Set the MIRRO-MATIC control on the vent tube at 15. When the control jiggles or sizzles, reduce heat to the proper degree and start counting sterilizing time. Five minutes is sufficient for baby bottles. Up to 20 minutes is recommended for various other articles.

PRESSURE CANNING

Use your MIRRO-MATIC for canning by the safe pressure method as recommended by the U. S. Department of Agriculture. Can meats and soups as well as vegetables and be sure they will be safely preserved.

The three-pint capacity of MIRRO-MATIC is perfect for processing a portion of a big batch of Chili Con Carne or soup. It is just right for canning the excess garden produce. If you get a bargain on a couple of chickens some week-end, bone them and can them according to the directions in the following chart.

You will be surprised to know that you can pack two five-pound chickens (undrawn weight) into three pint jars after you remove the bones. Or seven pounds of beef rump (untrimmed weight) can be trimmed and packed into three pints and processed perfectly in the MIRRO-MATIC.

See the directions following for methods of preparing the jars and for instructions on operation of the MIRRO-MATIC for canning. Then see the time tables for specific directions for canning each food.

PREPARE JARS

When using old jars be sure and look them over carefully for nicks, chips or cracks that would prevent an air tight seal. Discard imperfect jars. There are five main types of tops for jars. Be sure you use each type correctly. Always follow the directions supplied by the manufacturer for sterilizing and using the various lids and closures. Wash jars, glass lids and jar rubbers thoroughly with soap and hot water. Scald jars, invert them on a clean folded cloth. Place lids and rubbers in boiling water (or follow manufacturer's instructions) but keep them in water until ready for use.

CANNING DIRECTIONS

1. Place rack in pan (flat side down.) Add 1 quart of hot water.
2. Set filled jars on rack in the pan. Do not permit the jars to touch each other. Pan holds three pints. Do not crowd four into it.
3. Close pressure pan and turn on heat. DO NOT set control on vent tube.
4. When steam has spurted from the vent for 4 to 5 minutes, set control on vent at pressure desired. When the control begins to jiggle, reduce heat to the required amount. (Be sure the pressure is kept uniform throughout the entire processing time.)
5. For processing time required see chart. Prevent drafts from blowing over pressure pan. Uneven pressure may force liquid out of jars.
6. As soon as the processing time is up, turn off heat. If an electric range is used, carefully remove pan from element. Allow pressure to go down slowly. Do not rush the cooling by setting pan in water or by pouring cold water over the pan. Never hurry the lowering of the pressure by lifting the control.
7. Nudge the control to determine if pressure is down. When down, remove the control. Remove the cover and tilt the far side up so that steam escapes away from you.
8. Lift jars out of pressure pan and set on several thicknesses of cloth. Complete the seal at once if jars are not self sealing. Do not tighten screw bands on self-sealing lids. In case liquid boiled out during the canning, seal jar as it is. To add liquid, it would be necessary to process all over again. Vegetables not covered with liquid may turn darker, but they will not spoil.

   Never set hot jars in a draft. This may cause them to break. Always cool jars in an upright position.
9. After 24 hours remove screw bands or caps from jars that have glass or metal discs underneath. In case the screw band is difficult to remove, cover with a hot, damp cloth for a minute or two. Do not force the screw bands off. You may break the seal.
10. Examine jars for leaks.
11. Wipe jars with a damp cloth. Dry thoroughly and label with contents and the date of canning.
12. Never taste food you think has spoiled. Throw it away. Always discard any food that looks and smells queer. Boil non-acid vegetables, vegetable and meat soups and all meat for 10 minutes before tasting.

    It is advisable to reboil all left over vegetables before serving them.

PRESSURE CANNING TIME TABLE

When filling jars with liquid leave 1 inch of head space in jar when you cover starchy vegetables such as peas, shelled beans, or corn. Leave ½ inch head space for other foods in this table. This unfilled space is needed because food expands as it heats in canning.

FOOD		Minutes to Process After Control Jiggles	Lbs. Pressure
Asparagus	Wash. Grade. Trim off scale. Cover with boiling water. Cook 2 minutes. Pack hot, cover with hot liquid. Adjust lids. Process.	35	10
Beans	Fresh lima, shelled. Shell. Grade. Bring to a boil. Pack hot and loosely. Cover with fresh boiling water. Adjust lids. Process.	45	10
String or Wax Beans	Wash. String. Cut in pieces. Boil 5 minutes. Pack loosely to within 1" from the top. Cover with boiling liquid. Adjust lids. Process.	30	10
Green Soy Beans, shelled	Wash. Boil 3 minutes. Pack loosely. Cover with fresh boiling water. Adjust lids. Process.	60	10
Beets	Wash. Retain 1 inch of the stem. Cook in MIRRO-MATIC at 15 lbs. for 8 minutes. Cool pan under faucet. Open pan. Cover beets with cold water. Slip off skins. Trim. Pack. Cover with fresh boiling water. Adjust lids. Process.	40	10
Carrots and Kohlrabi	Scrape. Slice or cut as desired. Boil for 5 minutes. Pack. Cover with hot liquid. Adjust lids.	40	10
Corn	Remove husks. Cut kernel from cob. To each quart of corn, add 1 pint of boiling water and 1 teaspoon of salt. Boil 1 minute. Pack loosely to within 1" from top. Adjust lids. Process.	65	10

PRESSURE CANNING TIME TABLE

FOOD		Minutes to Process After Control Jiggles	Lbs. Pressure
Greens	Can only very fresh, tender greens. Wash carefully. Remove tough stems. Boil in small amount of water. Pack loosely. Cover with hot liquid. Add boiling water if needed. Adjust lids. Process.	95	10
Okra	Wash. Pre-cook for 3 minutes. Pack. Cover with liquid. Adjust lids. Process.	35	10
Peas	Green, shelled. Use only young, fresh peas. Pack. Cover with boiling water. Adjust lid. Process.	45	10
Peppers, Pimientos	Place in a moderate oven for 6-8 minutes. Dip in cold water. Remove skin. Stem. Cut out seeds. Flatten. Pack. Add ½ teaspoon salt to each jar. Do not add liquid. Adjust lids. Process.	8	5
Pumpkin and Winter Squash	Peel and cut into 1" cubes. Cook in MIRRO-MATIC Pressure Pan 8 minutes at 15 lbs. pressure. Cool pan under faucet. Open and pack jars. Adjust lids. Process.	80	10
	SOUPS		
Pea Soup	Pre-cook peas until tender. Press through sieve. Pour into jars. Adjust lids. Process.	50	10
Chili Con Carne	Bring to a boil. Pour into jars. Adjust lids. Process.	120	10
Tomato Pulp	Wash ½ peck tomatoes. Heat to boiling point in their own juice. Put 3 onions, 3 stalks celery, 3 green peppers through a food chopper. Combine with tomatoes, simmer until tender. Put through Rotary Food Press. Season with salt to taste. Heat again to boiling point. Pack. Adjust lids. Process.	5	10

PRESSURE CANNING TIME TABLE

MEAT

Pack meats loosely and only to within 1 inch from top of jar.

FOOD		Minutes to Process After Control Jiggles	Lbs. Pressure
Beef, Veal, Lamb, Pork	Cool meat thoroughly. Pre-cook until medium done or until pieces when cut show almost no pink at center. Pack. Add salt and 4 tablespoons liquid. Adjust lids. Process.	75	10
Pork Chops, Ham	Fry until brown. Pack, add salt and 4 tablespoons liquid. Adjust lids. Process.	75	10
Chicken—Roast	Brown foul in oven. Season as for ordinary roasting and add ½ cup of water. When half done, remove. Pack into hot sterilized jars and cover with broth. Adjust lids. Process.	75	10
Chicken Fried	Cut into small pieces. Fry in hot fat until lightly browned. Pack hot chicken into sterilized jars. Add liquid. Adjust lids. Process.	75	10
Chicken—Boned	Cut white meat, drumsticks and second joints and wings from chicken and simmer in a little water. Cover remaining bony pieces with water, add 1 teaspoon salt. Cook 10 minutes in MIRRO-MATIC Pan at 10 lbs. Pressure. Pack boned chicken in sterilized jars. Cover with hot broth. Add ½ teaspoon salt. Adjust lids. Process.	75	10
Rabbit, Duck and Turkey	Pre-cook and process same as chicken.	75	10

This is just a small portion of the complete MIRRO utensil line.

MIRRO-MATIC IS MANUFACTURED BY WORLD'S LARGEST ALUMINUM WARE MAKER

The MIRRO-MATIC Pressure Pan is manufactured by the world's largest producer of aluminum cooking utensils.

On the preceding page we are able to illustrate only a very small portion of the MIRRO family which includes baking ware, roasters and broiling pans, skillets and griddles, strainers and steamers, general purpose pots and kettles, coffee makers of all kinds, tea kettles, tea pots, and specialty items such as cooky presses, food presses, bun warmers, camping kits and a host of gadgets and other utensils.

Highest quality in all MIRRO products is guaranteed; beautiful styling is assured. If you want the best, ask for MIRRO, The Finest Aluminum at your favorite housewares, hardware, or department store.

HOW TO REPLACE SAFETY FUSE

In the envelope attached to the back cover of this book you will find a spare safety fuse and a wire for cleaning the MIRRO-MATIC vent tube. If your MIRRO-MATIC should become over-heated because of lack of water, the soft metal alloy in the center of the fuse will melt. Or if the vent tube should become clogged, the safety fuse will automatically release when pressure attempts to rise above the safety limit. In either event the fuse must be replaced before cooking can be resumed. To replace the fuse, first turn out the steel ring that held the original fuse. Use a wrench or pliers to unscrew the nut from inside of cover. Turn nut counter-clockwise (to left) and remove. Then insert new fuse and turn clockwise with fingers. Complete tightening with wrench or pliers. REMEMBER the fuse very probably will never blow out if the specified amount of water is used in the pan and if the vent tube is carefully cleaned regularly.

1. Don't attempt to cook without having pan closed properly (cover handle directly above pan handle).

2. Don't attempt to open pan until you remove the MIRRO-MATIC control, and don't remove the control until you are sure the pressure is reduced. See step 6 of "How to Cook" on page 9.

3. Don't use the MIRRO-MATIC pan in the oven.

4. Don't beat spoon, potato masher, etc., on rim of pan as this might mar the rim to the extent that a perfect seal could not be effected.

5. Don't cook apple sauce in the pressure pan.

6. Don't use high heat to bring up pressure in cooking cereals, spaghetti, noodles, rice, dried vegetables, or other foods which are apt to cause a heavy froth in cooking. Bring pressure up gradually. See directions in book.

7. Don't fill pan over ¾ full when cooking certain soups or other food combinations which froth and foam when they cook.

8. Don't place cover on hot heating unit as this might damage gasket and melt safety fuse.

9. Don't use high heat after control jiggles. Reduce heat so that control does not jiggle more often than 1 to 3 times per minute.

MIRRO-MATIC
Pressure Pan

MIRRO
THE FINEST ALUMINUM

ADE IN U. S. A. T-68